

TWEEN HOLIDAY

SUMMERTIMES



STORYCOOKOFF
SUMMER

HAIR
ESCAPES

RELAXATION
AND REST TIME



HELLO
friends

Welcome to Tween Holiday *Summertimes 2022 Issue!*

Hope you're enjoying your summer holidays!

We've had a restful start to ours.
The bliss of having an extra hour or two,
to lie in during the mornings, is fab!

Are you doing anything special?

If you read our New Year travel wishlist,
our summer wish was to visit California.

"How's that going?" you might ask!
Well, let's just say we're no where near
the United States at the moment!

.But hey.. we still have lots of other
summers to spend there :)
So we're still feeling all good and sunny!



Email us:
tweenholiday@sapphiregroup.uk

Subscribe:
www.sapphiregroup.uk

This holiday, we're launching a 5-week
StoryCookoff challenge.
It started 1 Aug and it's lots of fun!

Signup today for FREE - details inside.

Enjoy reading our articles! ☺

Connect with us on Facebook &
Instagram and send us a message.



Tween Holiday Crew

editor/creative in crew linda unugboke

crew writer 1 cam cam

crew writer 2 zizi

reviewer anton

asst. reviewer yoshi

In this issue



Summertimes 2022
Issue 14



STORYCOOKOFF SUMMER

Join our StoryCooks in a global cooking adventure. 5 weeks of simple recipes. Take 1 challenge per week and join in the fun!



SUMMER CHILLAXATION

One of the best things about summer is that you get to chill and just enjoy the days - outdoors or indoors!



MOVIE REVIEW

Highlights the movie RISE which is our "must-watch" movie for this summer. Enjoy!

HAIR ESCAPES

Taking care of your hair can be a big hassle. Especially if you've got coils or curls! With our recommendations, you'll, say "goodbye" to hair hassle and "welcome" to hair bliss.

Subscribe:
www.sapphiregroup.uk

Email us:
tweenholiday@sapphiregroup.uk



@tweenholiday

TWEEN HOLIDAY
ISSUE 14 | AUGUST 2022

summer chillaxation

Hair care is self care.

Summer snaps.

Reading and resting.



Summer Shades

This summer the sun's been beating down as tuff and hot as ever! So here are 3 things you could take when you're outside to protect yourself from the scorching sun.

Sunscreen: protects you from getting sun burn if you don't want to carry a bottle, you could get a small spray can or roll on.

Sunglasses: protects your eyes from the UV rays.

Sunhat: protects you from direct heat on your body and feeling faint.

#1 sunscreen

#2 sunglasses

#3 sunhats





Summer Snaps





reading and resting

by Cam Cam

BOOKS ARE GOOD FOR THE DAYS WHEN YOU'RE NOT GOING OUT ANYWHERE.

**Do you enjoy a good read?
Or do you easily get bored of reading?**

Reading is a good way of learning outside of school, and if you choose the right book it can also be quite fun.

Reading can improve your creativity and vocabulary. I understand that some people don't like reading but they're are some solutions to this.

It might be because you've never read a book about a topic your interested in or it might be because your not a fan of long sentences that go on for what seems like endless chapters.

If this might be true choose a book that has pictures it might be black and white or colourful pictures; it might even be a book with no words at all just pictures!

Next time you feel like you should give reading a go first of all find a comfortable quiet spot.
It may be a chair in your bedroom or on the floor on top of pillows.
The goal is to feel relaxed.

Next, think of what you like doing: a sport, music , action, adventure, mystery, sci-fi. I can 99% guarantee you that there is a book on it. Read something on it - factual or fiction and just try to imagine yourself in the pages of the story.



WHAT WE'RE READING THIS SUMMER

Tomy the Dreamer
Series
by Linda Unugboke



Encourages the
reader to explore
their gifts.

The Mystery
Series
by Enid Blyton



Strengthens your
detective and
reasoning abilities.

Code Name
Bananas
by David Williams



It takes the reader
into a historical
reality setting.

How to Train
Your Dragon
by Cressida Cowell



Great vocabulary.
Story of an unlikely
hero.



Hair escapes

What is your hair routine?

Do you dress your hair daily? Or weekly? Or monthly?

For years we (and our mum!) disliked our hair dressing routine because of the tugs and tears that accompanied it.

Some years ago, mum found a new set of hair products that started to progress things positively.

Multiple experiments later, we've arrived at hair bliss! Yay!



**WHATEVER YOUR HAIR TYPE:
HOLD YOUR HEAD HIGH!**



Hair escapes

Our star products

So without much ado, we unveil our hair routine heros

Whatever your hair type you can use these products.

1 - Garnier Ultimate Blends.

They are made of 98% natural products and smell delightful. Plus they leave your hair soft and lush.

We recommend: Papaya and Amla for thick, full hair; Banana and Shea for lightweight hair.

The shampoo and leave in hair conditioner are all you need for a blissful hair week.

And it's affordable too!

2 - Cantu Coconut Curling Cream.

The smell of this is just amazing! It works great for managing curls. Use on a daily basis.

3 - Kuza Indian Hemp

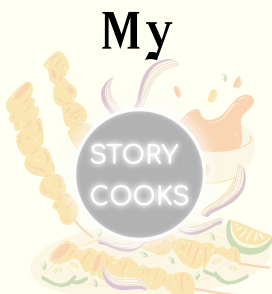
Helps to lock in moisture and also grow your hair. It's brilliant.



STORY
COOKS

5-WEEKS OF
FUN & SIMPLE
FOOD CHALLENGES

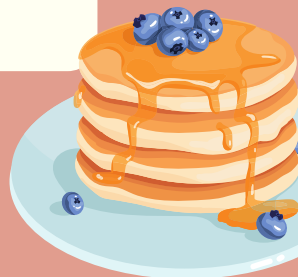
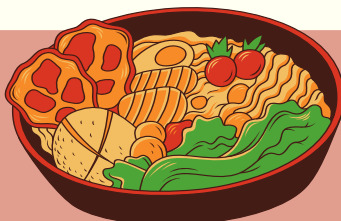
StoryCookoff SUMMER



My

STORY
COOKS

Menus



StoryCook Menus

STORY
COOKS



fun food

delicious dishes

1 WEEKLY CHALLENGE

We're thrilled to be launching StoryCookoff Summer!
We've previewed some of our StoryCook stories in previous issues.
Now, we're taking it to a whole new level with a summer cookoff challenge!

Yeah! It's so much fun!
You get to meet all our StoryCooks from around the world!
So what are you waiting for? Sign up today for free!

SIGN UP @ STORYCOOKS.NET



Menu Highlights

CHALLENGE 1

STORY
COOKS

Creamy Cakes

STORY
COOKS

Banana Bread



Each week we share ingredients and steps to help you make the featured recipe.

www.storycooks.net

Sardine Stew

STORY
COOKS



Meet your Storylocks

STORY
COOKS



Salâm!
I'm Michai.
Join me in
making melty,
mouthwatering
meatballs.



MEET CHEF MICHAÏ



Each week, join our
featured StoryCook for
that week's challenge to
make a delicious dish.

www.storycooks.net

I'm Bessie join
me in baking
banana bread



Meet Bessie the Baker



WHAT'S ON THE MENU

BREAKFAST

B-K-D B--N-	£5.00
served with fries and toast	
O-E--T-E	£10.00
served with mixed greens, fries and toast	
-U--R--MS	£12.00
served with fries and mixed greens	
AV--A-- T--S-	£12.00
served with egg and salmon	
-AC-- B-G--	£8.00
served with cream cheese and tomato	



FILL IN THE BLANKS
Guess the items on the menu.

LUNCH



MAKE YOUR OWN UNIQUE DISH

Use the suggested side dishes for ideas

-----	£20.00
served with peppercorn sauce and spicy fries	
-----	£15.00
served with 2 poached eggs and mayonnaise	
-----	£24.00
served with tomato salsa and guacamole	
-----	£14.00
served with mashed potato and gravy	
-----	£16.00
served with rice and rainbow veggies	



SUMMER TIME

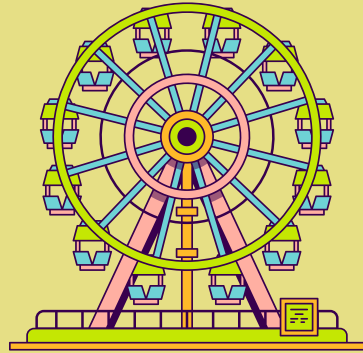
Have you been enjoying your summer?

Perhaps you are surprised at how fast
the days have gone, already!

But don't worry, you've still got some
time to relax and enjoy the next couple
of weeks before school starts.

Here are some ideas of fun things you
can do in the sun.





Favourite Summer Things



01

BIKE RIDE

02

BEACH VISIT

03

FAMILY PICNIC

04

FERRIS WHEEL

05

ICE CREAM

06

WATERMELON

07

ICED SLUSHIE

08

SMOOTHIE



TAKING CARE OF ME



Summer Joys & Delights

Here are a few tips to
make the most of summer.

- 01** Take some time to rest and see some good movies.
- 02** Spend time playing outdoors.
- 03** Spend time with your loved ones such as family and friends. Make each day count.
- 04** Enjoy some ice cream while the hot weather lasts.



MOVIE REVIEW



NOW SHOWING

Disney

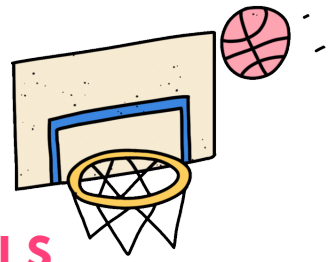
RISE



*'We're not watching movies, we're
experiencing film, encountering lives,
expanding visions, enlightening minds!'*

- Tween Holiday





RISE REVIEW *by Zizi*

Rise is an amazing movie all about the life of Giannis Antetokounmpo.

A Greek-Nigerian NBA superstar. It reveals the challenges he faced during his childhood as well as the rest of his family.

People in Greece didn't want them from other countries illegally crossing the border or even entering the country so the police was everywhere chasing after illegal immigrants and it was extremely hard to find work.

LIFE SKILLS

Though some of his family's challenges could limit him going around in public places, with the encouragement of his older brother, he started playing basketball and managed to be play in a basketball youth club, where they were noticed for their talents.

Eventually, he made it into the NBA draft and went to New York.

Though he was judged by other people because of where he was from, through years of sweat and tears, and endless determination, he has become one of the biggest names in the NBA today.

RATING



I rate **RISE 5 STARS**

This movie teaches you a valuable life lesson about not giving in and believing in your future without seeing it.

AVAILABLE TO WATCH ON DISNEY+



#TWEENHOLIDAY



Be Inspired

This is your personal thinking space.

What comes to your mind when you look at this photo?

Let your mind run free!



Tween Holiday Magazine | Issue No. 14 | August 2022. Copyright, www.sapphiregroup.uk.

YOU'RE INVITED

Join our brand crew.

Tween Holiday celebrates amazingness in pre-teen girls!

A global magazine by pre-teen girls & mum for pre-teen girls (*mostly!*).

We cherish holiday good times with:

Fun, Family, Friends, Food, Fiesta, Faith!

We are looking to work with

1. Mums as our local brand representatives.

2. Business sponsors who share similar brand values

Email us for details!

tweenholiday@sapphiregroup.uk

Our magazine issues all year round:

New Year Special Edition (Jan)

Spring Half Term (Feb)

Easter Holiday (Mar / Apr)

Summer Half Term (May / June)

Summer Holiday (Aug)

Autumn Half Term (Oct)

Christmas Special Edition (Dec)





THANKS FOR READING THIS ISSUE!

FUN
IN THE
SUN

Make sure to do some fun activities this summer and sign up to our StoryCookoff Challenge while you can!

To get free issues delivered to your inbox,
ask your parents / carers to visit
<https://sapphiregroup.uk/subscribe>



Follow @tweenholiday

Email us: tweenholiday@sapphiregroup.uk



IN THE NEXT ISSUE

We'll be back at school!

Keep an eye out for the autumn half-term in Oct.

FOR GROWN UPS:

We are looking to partner with schools, family minded businesses and organisations to feature your stories.

Contact: tweenholiday@sapphiregroup.uk

Copyright Sapphire Publishing.

www.sapphiregroup.uk



Have a great

SUMMER

FROM TWEEN HOLIDAY CREW